

## Appetizers

Spring Roll.....	\$2.69
Pan Fried Dumplings .....	\$9.99
Egg Roll.....	\$2.39
Vegetarian Egg Roll.....	\$2.39
BBQ Pork Slices.....	\$11.99
Spicy Chicken Wings (Hot).....	\$10.99
Fried Wontons.....	\$6.49

## Soups

Wonton & BBQ Pork Soup.....	\$5.29
Hot & Sour Soup (Hot).....	\$5.29
Chicken Noodle Soup.....	\$4.99
Chinese Green Soup.....	\$4.89
Mushroom Egg Drop Soup.....	\$4.89

## Full Meal Soups

Vegetable Noodle Soup.....	\$10.99
Wonton & Noodle Soup.....	\$10.99
Chicken Vegetable Noodle Soup.....	\$11.99
Beef Vegetable Noodle Soup.....	\$11.99
Beef Flank Noodle Soup.....	\$11.99
Dan Dan Mein (Hot).....	\$12.49

*(Shanghai noodles with ground pork and minced vegetables in a spicy Szechuan sauce)*

Seafood Vegetable Noodle Soup.....	\$14.99
------------------------------------	---------

*(Noodle can be replaced with rice noodle)*

## Sweet and Sour

Jean's Sweet & Sour	
Chicken.....	\$13.99
Sweet & Sour Chicken Balls.....	\$12.99
Sweet & Sour Shrimp.....	\$13.99
Sweet & Sour Pork.....	\$12.99



## Lo Mein (On Soft Egg Noodles)

Mushroom Lo Mein.....	\$12.49
Vegetable Lo Mein.....	\$12.49
Chicken Lo Mein.....	\$13.49
Beef Lo Mein.....	\$13.49
BBQ Pork Lo Mein.....	\$13.49
Shrimp and Scallop Lo Mein.....	\$14.49

## Chow Mein

Vegetable Chow Mein.....	\$10.49
Mushroom Chow Mein.....	\$10.49
BBQ Pork Chow Mein.....	\$11.49
Chicken Chow Mein.....	\$11.49
Beef Chow Mein.....	\$11.49
Shrimp Chow Mein.....	\$13.49

## Rice Dishes

Young Chow Fried Rice.....	\$11.99
<i>(Egg, shrimp, BBQ pork and chicken)</i>	
Jean's Special Fried Rice.....	\$11.59
<i>(Chicken, shrimp, BBQ pork)</i>	
Shrimp Fried Rice.....	\$11.29
Chicken Fried Rice.....	\$10.59
Beef Fried Rice.....	\$10.59
BBQ Pork Fried Rice.....	\$10.59
Vegetable Fried Rice.....	\$9.99
Mushroom Fried Rice.....	\$9.99
Plain Fried Rice.....	\$9.59
Steamed Rice.....	\$2.99

## Chicken Dishes

Almond Chicken Gai Ding.....	\$12.49
<i>(Chicken and Vegetables)</i>	
Almond Chicken Soo Gai.....	\$12.49
<i>(Breaded Chicken with Gravy)</i>	
Chicken with Chinese BBQ Sauce.....	\$12.49
Chicken with Broccoli.....	\$12.49
Chicken with Black Bean Sauce.....	\$12.49
Chicken Moo Goo Gai Pan.....	\$13.49
<i>(Chicken with mushrooms)</i>	



## Egg Foo Young

Vegetable Foo Young.....	\$10.79
Chicken Foo Young.....	\$12.29
Beef Foo Young.....	\$12.29
BBQ Pork Foo Young.....	\$12.29
Shrimp Foo Young.....	\$13.49

## Curry Dishes

Curried Chicken (Hot).....	\$12.49
Curried Beef (Hot).....	\$12.49
Curried BBQ Pork (Hot).....	\$12.49
Curried Shrimp (Hot).....	\$13.49

## Beef Dishes

Beef and Broccoli.....	\$12.49
Beef and Green Peppers.....	\$12.49
Beef and Rice Noodle in Soya Sauce.....	\$12.49
Beef and Black Bean Sauce.....	\$12.49

## Pork & Spare Ribs Dishes

Honey Garlic Spare Ribs.....	\$12.99
Stir-Fried Shredded Pork and Vegetable in Szechuan Style Sauce (Hot).....	\$12.99
Black Bean Ribs .....	\$15.49
<i>(Steamed spare ribs with vegetables in a black bean sauce)</i>	

## Stir-Fried Vegetarian Dishes

V1. Healthy Fresh Mixed Vegetables.....	\$12.79
V2. Mu Shu Vegetables (6 Crepes) (Hot).....	\$14.99
V3. Buddhist Delight Stir-Fried Vegetables with Tofu.....	\$14.39
V4. Vegetable Cantonese Chow Mein.....	\$13.99
V5. Vegetable Vermicelli Singapore Style(Hot).....	\$13.49
V6. Vegetarian Shanghai Noodle(Hot).....	\$13.49
V7. Stir-Fried Spicy Eggplant (Hot).....	\$14.49
V8. Stir-Fried Spicy Fresh Mixed Vegetables (Hot).....	\$13.29
V9. Vegetarian Combo <i>(Vegetable spring roll, vegetable fried rice, stir-fried vegetables)</i> .....	\$12.99

## Stir-Fried Soft Egg Noodles

Chicken Stir-Fried Soft Egg Noodles.....	\$13.49
Vegetable Stir-Fried Soft Egg Noodles.....	\$12.49
Beef Stir-Fried Soft Egg Noodles.....	\$13.49



## Dinners

Dinner For 2 .....	\$31.99
2 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Chicken Chow Mein, Jean's Sweet & Sour Chicken	

Dinner For 3 .....	\$49.49
3 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef Chow Mein, Sweet & Sour Chicken Balls	

Dinner For 4 .....	\$65.99
4 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef with Broccoli, Jean's Sweet & Sour Chicken, Chicken Gai Ding	

## New Japanese Food

**includes steam rice except noodle or rice dishes**

Teriyaki Noodle .....	\$14.99
Shanghai noodle with vegetables, chicken, and shrimps in Teriyaki sauce	
Japanese Style Chicken and Shrimp Fried Rice.....	\$11.09
Chicken or Beef Japanese Style.....	\$14.99
Stir-fried chicken or beef with garden vegetables in a Japanese sauce	
Jumbo Shrimp with Vegetables Japanese Style.....	\$16.99

## Combination Plate

# 1.....	\$12.99
Egg Roll	
Chicken Fried Rice	
Jean's Sweet & Sour Chicken	
# 2.....	\$12.99
Egg Roll	
Chicken Fried Rice	
Sweet & Sour Chicken Balls	
# 3.....	\$12.99
Egg Roll	
Chicken Fried Rice	
Almond Chicken Soo Gai	
# 4.....	\$12.99
Egg Roll	
Chicken Fried Rice	
Chicken Chow Mein	
# 5 .....	\$13.99
Egg Roll	
Chicken Fried Rice	
Almond Chicken Gai Ding	
# 6.....	\$12.99
Egg Roll	
Chicken Fried Rice	
Honey Garlic Ribs	

### Combination Add-ons

Beef with Broccoli, Chicken Gai Ding, Chicken Chow Mein, Soo Gai, Honey Garlic Ribs, Sweet & Sour Chicken Balls or Jean's Sweet & Sour Chicken \$6.49 Extra.  
Rice substitution to egg noodle add \$5.25

## Cantonese Specialties

**includes steam rice except noodle dishes**

Cantonese Assorted meat Stir-Fried ..... \$14.99  
Grade A chicken, beef, BBQ pork, stir fried with fresh mix vegetables



Teriyaki Chicken .....	\$14.99
Boneless chicken with vegetables in a Teriyaki sauce	
Lemon Chicken .....	\$14.99
Wor Soo Gai.....	\$14.99
2 trunks of crispy breaded chicken on a bed of garden vegetables	
Beef Steak Cantonese Style .....	\$16.99
Fried beef tenderloin with onion in sweet & sour sauce	
Beef with Black Pepper Sauce .....	\$14.99
Shrimp and Lobster Sauce .....	\$14.99
Jumbo shrimps, ground pork and eggs in black bean sauce	
Cantonese Chow Mein .....	\$17.99
Shrimps, scallops, BBQ pork, and chicken cooked with vegetables and served on a bed of egg noodles	
Stir-Fried Seafood .....	\$17.99
Jumbo shrimps and scallops, sauteed with garden vegetables	

## Cantonese Specialties


includes steam rice

- Beef with Oyster Sauce .....\$14.99  
Tender slices of beef, stir-fried with garlic, ginger and shredded vegetables in oyster mushroom sauce
- Beef with Chinese Vegetables ..... \$14.99  
Tender slices of beef, stir-fried in oyster mushroom sauce served on a bed of Chinese vegetables
- Sweet & Sour Fish ..... \$16.99  
Deep-fried jumbo haddock fillet in light egg batter with sweet & sour sauce
- Diced Shrimp with Cashews ..... \$16.99  
Stir-fried jumbo shrimps, onion, green pepper, broccoli, and carrots
- Dai Dop Voy ..... \$16.99  
Stir-fried scallops, shrimps, slices of beef, pork and chicken, sauteed garden vegetables
- Seafood Fried Rice.....\$13.99  
(Scallops, shrimps and egg)

## Szechuan Specialties

includes steam rice except noodle dishes

- Orange Beef or Chicken (Hot).....\$14.99  
Shredded beef or chicken, lightly floured and deep fried to a crisp, cooked in a mildly spicy orange sauce
- Kung Po Chicken or Beef (Hot) .....\$14.99  
Tender slices of chicken or beef sautéed with diced mixed vegetables, water chestnuts and chili peppers in a spicy sauce topped with cashews
- Hunan Chicken or Beef (Hot) .....\$14.99  
Tender slices chicken or beef, stir-fried with chili peppers, mixed vegetables, onions in Hunan style sauce
- Jean's Spicy Beef or Chicken (Hot) .....\$14.99  
Dry stir-fried, tender, Grade'A' beef or chicken with hot chilli peppers, onions, green & red peppers
- Mu Shu Pork (with 6 Crepes) (Hot) .....\$14.99  
Stir-fried shredded pork, cabbage, bamboo shoots and vegetables in a chili sauce with 6 crepes and hoisin sauce
- Ma Po Bean Curd (Hot) .....\$14.99  
Soy bean curd cooked with minced pork in our famous Szechuan sauce
- Mongolian Chicken or Beef (Hot) .....\$14.99 →   
Stir-fried chicken or beef with green peppers, onion, carrot, and celery in a Szechuan style sauce
- Szechuan Beef or Chicken(Hot) .....\$14.99  
Stir-fried Grade A slice of beef or chicken with shredded vegetables in a hot chili Szechuan sauce
- Salt and Pepper Squid or Shrimp or Pork Chop (Hot) .....\$16.49  
Lightly floured and deep-fried, cooked with five-spice powder
- Jean's Ginger Beef or Chicken(Hot) .....\$14.99  
Deep-fried slices beef or chicken with our famous ginger sauce
- Singapore Noodles (Hot) ..... \$14.99  
Rice vermicelli noodles with shrimps, BBQ pork, bean sprouts, shredded vegetables in a curry and chilli sauce Singapore style
- Shanghai Noodles (Hot) ..... \$14.99  
Shanghai noodles with shredded pork, bamboo shoots, shredded vegetables and cabbage Shanghai style

- Northern China spicy chicken (Hot).....\$14.99  
Dry stir-fried tender sliced chicken breast with hot chillies on a bed of crunchy bean sprouts
- Hot and Tangy Chicken or Beef (Hot).....\$14.99  
Stir-fried shredded garden vegetables in a special spicy, tangy sauce with your choice of Grade "A" beef or tender sliced chicken breast
- Tangy Chili Noodles (Hot).....\$14.99  
Stir – fried egg noodles with your choice of Grade "A" beef or chicken or pork or just fresh garden vegetables in a tangy chili sauce
- General Tao Chicken (Hot) ..... \$14.99 →   
Lightly floured chunks of chicken breast deep fried and mixed with garden vegetables in our own famous General Tao sauce
- Double Cooked Pork (Hot).....\$14.99  
A Northern China style favorite of special cut pork with shredded garden vegetables in a homemade spicy sauce
- Jean's Asian Chicken(Hot) ..... \$14.99  
Slices of lightly battered chicken, fried to a crisp, cooked with mix vegetable and Jean's hot & sweet sauce
- Szechuan Noodles(Hot) ..... \$14.99  
Stir- fried egg noodles with shrimps, chicken and shredded vegetables in a spicy Szechuan chili sauce

## New Thai Food

includes steam rice except noodle or rice dishes

- Pad Thai .....\$14.99  
Broad rice noodles stir fried with fresh shredded vegetables and egg in a spicy Thai coconut sauce topped with crushed peanuts.  
Your choice of either Grade "A" beef or chicken or jumbo shrimps or tofu or just garden vegetables. \$2 extra for shrimp
- Thai Style Beef or Chicken(Hot).....\$14.99  
Stir-fried fresh garden vegetables in a spicy Thai coconut sauce with your choice of meat
- Thai Style Jumbo Shrimp(Hot).....\$16.99  
Stir-fried fresh garden vegetables in a spicy Thai coconut sauce with jumbo shrimps
- Thai Noodle(Hot).....\$14.99  
Stir-fried broad rice noodles with vegetables, chicken, beef and shrimps in a spicy sweet Thai sauce
- Thai Fried Rice(Hot) .....\$11.49  
Thai style spicy fried rice with vegetables, egg, chicken, beef and shrimps

### Business & Delivery Hours

Monday - Thursday 10:30am - 9:00pm      Saturday 11:30am - 10:00pm  
Friday 10:30am - 10:00pm      Sunday 11:30am - 9:00pm

Party for 40.....\$486

- 40 Egg Rolls or Spring Rolls
- 6 Chicken Fried Rice
- 4 Vegetable Fried Rice
- 5 Mongolian Beef
- 4 Ginger Beef
- 5 Beef and Broccoli
- 5 Jean's Sweet & Sour Chicken
- 4 BBQ Pork Chow Mein
- 3 Singapore Noodles
- 4 Healthy Mix Vegetables
- 5 Honey Garlic Ribs

Party for 30.....\$384

- 30 Egg Rolls or Spring Rolls
- 4 Chicken Fried Rice
- 3 Vegetable Fried Rice
- 3 Mongolian Beef
- 5 Beef and Broccoli
- 5 Almond Chicken Gai Ding
- 4 Honey Garlic Ribs
- 5 Sweet & Sour Chicken Balls

Party for 20.....\$269

- 20 Egg Rolls or Spring Rolls
- 4 Chicken Fried Rice
- 3 Jean's Sweet & Sour Chicken
- 3 Beef and Broccoli
- 3 Healthy Mix Vegetables
- 3 Ginger beef
- 3 Honey Garlic Ribs
- 2 Singapore Noodles

Party for 10.....\$140

- 10 Egg Rolls or Spring Rolls
- 3 Chicken Fried Rice
- 3 Jean's Sweet & Sour Chicken
- 2 Beef and Broccoli
- 3 Chicken Chow Mein
- 2 Mongolian Beef

Party for 10/ 20/ 30/ 40  
already discounted up to

**35%**

We use only Grade "A" meats & fresh vegetables  
Most items can be made "Gluten Free"

# Jean's CHINESE RESTAURANT

5972 Spring Garden Road www.jeansrestaurant.ca

**444-7776**

Eat-in, Take out ALL DAY DELIVERY! \*  
Dal cards, Debit and Credit ALL ACCEPTED!

The Coast  
HALIFAX'S WEEKLY  
**BEST OF HALIFAX**

READERS' CHOICE AWARDS

**15 YEARS IN A ROW!**

RUNNER UP

**GOLD WINNER**  
2017 & 2018



Order Now from our Web  
GET 10% OFF!